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## BACK TO SCHOOL

What you need to know before class begins. 6-20



# 'MADDEN 19' MASSACRE



At least two people were killed and several wounded when a gunman who competed and lost at a Jacksonville video game tournament opened fire on Sunday. 4

MALIK BRUNSON

## WELCOME TO METRO U NEW YORK CITY

CUNY Interim Chancellor  
Vita C. Rabinowitz

Throughout the city this week, more than a quarter of a million students are beginning classes on the 25 campuses of The City University of New York, an annual ritual that reaffirms CUNY's long-standing and inseparable

connection with the city.

This is an exciting time in the University's history, one marked by prestigious awards for our students and faculty and national acclaim for our senior and community colleges.

In the past two weeks, CUNY colleges have figured prominently in the rankings of the Chronicle of Higher Education and Money magazine, among other publications. The rankings take a variety of factors into account, includ-

ing tuition charges, alumni earnings and social mobility, a measure of a school's success in lifting low-income students into the middle class.

The rankings affirm research by leading economists showing that CUNY's singular quality, affordability and diversity set it apart as perhaps the most potent engine of economic advancement in the United States.

Not surprisingly, that quality, affordability and diversity have fueled a surge in enrollment over the past 10 years of 40,000 students — an increase roughly equivalent in

size to the student body of the University of Michigan!

Regards,

As we grow, we do more and more to ensure that our students are graduating on time and pursuing successful careers. CUNY is on the cutting edge of implementing academic strategies and programs that help students to navigate intractable challenges and achieve their goals.

Throughout my 40-year career at CUNY, I've always embraced what makes our community dynamic and special. CUNY is arguably the most diverse university in the nation, if not

the world, in all the ways that matter: race, ethnicity, country of origin and languages spoken at home, gender identity, sexual orientation, and religious affiliation and observance.

That diversity is not happenstance. We are built for the students we have, and out of this grows our sense of purpose.



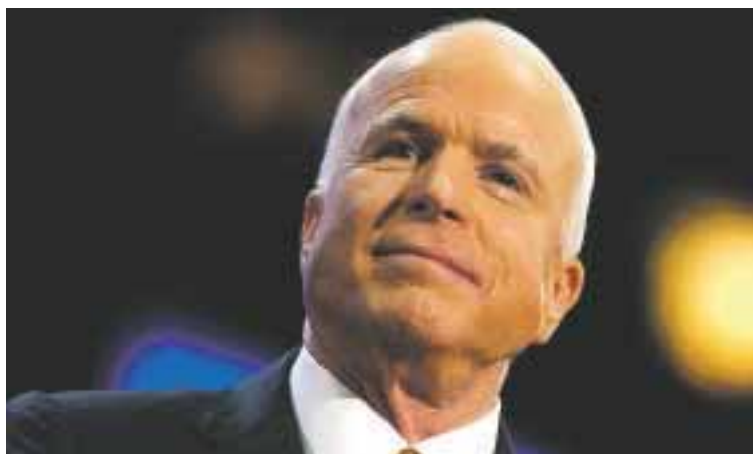
# Presidents react to McCain's death

Sen. John McCain, a former prisoner of war in Vietnam who ran for president in 2008 as a maverick Republican and became a prominent critic of President Donald Trump, died on Saturday. He was 81.

An Arizona senator for more than three decades, McCain had been suffering from brain cancer since July 2017 and had not been at the U.S. Capitol this year.

All five living former presidents — Barack Obama, George W. Bush, Bill Clinton, George H.W. Bush and Jimmy Carter — paid tribute to McCain's courage and character.

**BARACK OBAMA:** "Few of us have been tested the way John once was, or required to show the kind of courage that he did. But all of us can aspire to the courage to put the greater good above our own. At John's best, he showed us what that means. And for that, we are all in his debt."



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Michelle and I send our most heartfelt condolences to Cindy and their family."

**BILL CLINTON:** "He frequently put partisanship aside to do what he thought was best for the country, and was never afraid to break the mold if it was the right thing

to do. I will always be especially grateful for his leadership in our successful efforts to normalize relations with Vietnam."

**GEORGE W. BUSH:** "Some lives are so vivid, it is difficult to imagine them ended. Some voices are so vibrant, it is hard to think of them stilled."

John McCain was a man of deep conviction and a patriot of the highest order. He was a public servant in the finest traditions of our country. And to me, he was a friend whom I'll deeply miss."

**JIMMY CARTER:** "John McCain was a man of honor, a true patriot in the



best sense of the word. Americans will be forever grateful for his heroic military service and for his steadfast integrity as a member of the United States Senate."

**GEORGE H. W. BUSH:** "John McCain was a patriot of the highest order, a public servant of rarest

courage. Few sacrificed more for, or contributed more to, the welfare of his fellow citizens - and indeed freedom-loving peoples around the world. Another American maverick and warrior, General George Patton, once observed: "We should thank God that men such as these have lived." REUTERS

# TRUMP'S SHORT SEND-OFF FOR JOHN MCCAIN

Analysis

ELLIS  
HENICAN



What do you say when someone dies you never really liked? Very few Americans are wrestling with that quandary today.

John McCain was one of the very most beloved people anywhere in public life. Republicans, Democrats, people who loathe everyone in politics — almost everyone had a soft spot for the crusty senator from Arizona, who died over the weekend after a valiant bout with brain cancer.

McCain was an inspiring throwback to a day when people could disagree and still not hate each other, when personal character actually meant something in Washington.

You know, before Donald Trump. Trump did everything he could to ignore the man, even failing to acknowledge him while signing a defense bill named for McCain.

White House flags were lowered to half-staff on Sunday. But Trump's condolence tweet could

hardly have been any stingier. It was exactly 21 words long. Despite the respectful tone, not one of those words contained an ounce of praise for John McCain. "My deepest sympathies and respect go out to the family of Senator John McCain," Trump wrote. "Our hearts and prayers are with you!"

Could the president have said any less? Like most of Trump's feuds, this one goes on forever. Not even death can heal these wounds.



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# Gunman kills two, shoots self, at video game tournament in Jacksonville

The alleged shooter was a gamer competing at the event.

A gunman killed two people and wounded several others on Sunday when he opened fire at a video game tournament that was being streamed online from a restaurant in Jacksonville, Florida, police and local media said.

Jacksonville Sheriff Mike Williams said one white male suspect was dead at the scene. He declined to comment on what led to the third major mass shooting to hit Florida in the last two years.

Jacksonville police identified the shooter as David Katz, 24 of Baltimore, who was found dead at the scene with a self-inflicted gunshot wound.

Dozens of ambulances and police cars

**"I will never take anything for granted ever again. Life can be cut short in a second."**

Drini Gjoka

flooded into The Jacksonville Landing, a waterfront dining, entertainment and shopping site in the city's downtown, after several shots rang out on a sunny Sunday afternoon.

The shooting took place during a regional qualifier for the Madden 19 online game tournament at the GLHF Game Bar inside a Chicago Pizza restaurant, according to the venue's website.

The bar was livestream-



GETTY IMAGES



GOOGLE MAPS

ing the competition when the gunfire started, according to video of the stream shared on social media. In the video, players can be seen reacting to the shots and cries can be heard before the footage cuts off.

One Twitter user, Drini Gjoka, said he was taking part in the tournament and was shot in the thumb.

"Worst day of my life," Gjoka wrote on Twitter. "I will never take anything for granted ever again. Life can be cut short in a second."

The Los Angeles Times reported Katz was a gamer who was competing in the tournament and lost. Citing messages from another player in the room, the Times said the gunman appeared to target sev-

eral victims before killing himself. Reuters could not immediately confirm that account of events.

The sheriff's office said many people were transported to the hospital, and its deputies found many others hiding in locked areas at The Landing.

Six victims were taken to Jacksonville's UF Health Hospital, five of them in stable condition and one

in serious condition, hospital staff said.

President Donald Trump has been briefed and is monitoring the situation in Jacksonville, the White House said.

Reacting to news of the shooting during the tournament involving its game, Madden 19 maker Electronic Arts Inc said it was working with authorities to gather facts. **REUTERS**



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# Doctors Urge Knee Pain Sufferers

## “Don’t Get ANY Surgery Until You See This...”

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

**That’s the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

### **The Treatment Formula**

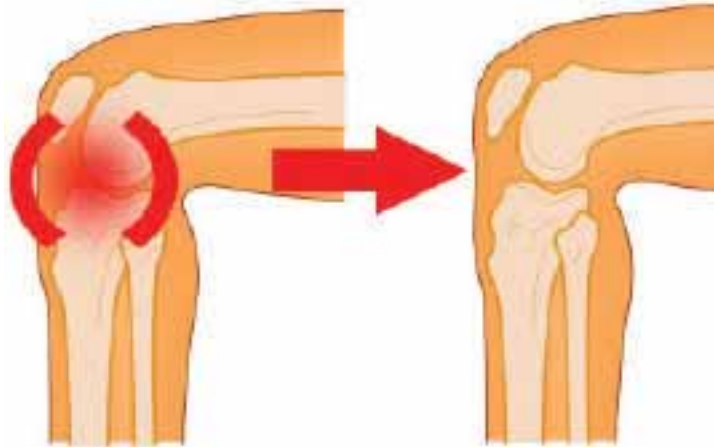
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated ) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



*NYC Pain MD* “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

### **Here’s What You Should Do Next**

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



**www.PainMDNY.com**

**877-296-6310**



# With students who identify as gender-fluid on rise, colleges are making changes

As millions of college kids head back to school, we look at some institutions' inclusion initiatives for gender-fluid students.



NIKKI M. MASCALI  
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For many students, heading off to college or back to school can be a time of reinvention — or the first time many of those students, such as those who identify as gender-fluid, can truly feel themselves.

As millions of students across the country head back to school this month, we take a look at some institutions' inclusion initiatives for gender-fluid students.

But first, in case you need a refresher, Census.gov defines gender-fluid as “a person whose

gender identification and presentation shifts, whether within or outside societal, gender-based expectations. Being fluid in motion between two or more genders.”

Many colleges across the country have adapted to their growing gender-fluid student bodies by adding all-gender, aka gender-neutral restrooms or housing.

Starting this fall, Harvard College, Harvard University's undergrad liberal arts school, is offering gender-neutral housing to first-year students, which the school said on its website “reaffirms gender diversity as an important aspect of our campus life by offering a pathway to housing that is not predicated on the notion that there are essential characteristics that render single-gender housing necessary.” The option was already available for sophomores, juniors and seniors.



As millions of college students across the country head back to school this month, we take a look at some institutions' inclusion initiatives for gender-fluid students. **ISTOCK**

niors and seniors.

In addition to offering all-gender bathrooms and gender-inclusive housing, New York's Fashion Institute of Technology will host a Civility Week on Oct. 8-11, featuring talks and activities, such as its first-ever Diversity Con, that aim to highlight respectful ways of living and learning.

In 2016, New York's Columbia University adopted a “preferred name” policy that allows students to change their first and/or middle name on ID cards, class rosters and more. The school also offers medical service coverage for transgender students, gender-neutral bathrooms and more.

“At a time when many

hard-won protections and policies are under scrutiny and challenge, our diversity is among our important — indeed, fundamental — institutional values,” Suzanne B. Goldberg wrote on the Office of University Life's website last year.

Drexel University in Philadelphia provides students the Gender and

Sexuality Resource Space, which allows students of all sexual orientation and gender identities to use on- and off-campus resources, services and programs to “explore, celebrate and educate the campus community about the diverse gender and sexual identities.”

Across town, Temple University's IDEAL — Institutional Diversity, Equity, Advocacy and Leadership — program provides supportive resources, forums, training workshops and more to raise awareness, visibility and advocacy for the LGBTQIA+ community. Additionally, the school offers an annual week of programming for National Coming Out Week (NCOW) in October and centralized information on all-gender bathrooms, gender-inclusive housing and guidance on gender-inclusive personal pronouns at [diversity.temple.edu](http://diversity.temple.edu).

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# How college students can cope with anxiety and depression

In 2017 alone, 20 percent of college students had been diagnosed or professionally treated for anxiety in the previous year.



KRISTIN TOUSSAINT  
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It's that time of year again: Thousands of students across the country are getting ready to go back to school. But whether they're heading off to college for the first time or returning to campus, they might be feeling some anxiety along with their excitement.

Anxiety is one of the most common mental health disorders in adolescents, said Dr. Lindsay Gerber, a licensed clinical psychologist at New York's Mount Sinai Adolescent Health Center. And since college comes with a lot of expectations, changes and stressors, students often deal with mental health issues.

"We see a lot of kids coming in from local colleges in the area or who have been here a couple of years and are now transitioning to go off to college," she said. "There's a lot of worries of 'what's it going to be like, am I going to fit it, how am I going to take on this new responsibility of academics and social life?' Kids get really excited about the increased freedom, but at the same time with that freedom comes a lot of fear."

## 20%

College students had been diagnosed or professionally treated for anxiety.

In spring of 2017, 20 percent of college students had been diagnosed or professionally treated for

anxiety, and 17 percent for depression, within the previous year, according to an American College Health Association survey of more than 63,000 students.

Sixty-two percent of all students reported feeling "overwhelming anxiety" and more than 50 percent said that they had felt things were "hopeless" over the previous 12 months.

"Anxiety is simply the body's natural response to stress, [but] it really becomes problematic when it's so heightened, so increased that it impairs your ability to function," Gerber said. "When you think of college freshman, there's a lot of change going on for them — separation from friends and family, the life they're accustomed to, a change in the whole setting, maybe they're going out of state. There's a lot of the unknown."

That doesn't mean students should just expect to struggle. Most colleges offer campus resources for mental health, and students are turning to them — schools have seen a 30 percent average increase in the number of students visiting counseling centers between 2009 and 2015, according to the Center for Collegiate Mental Health.

Gerber encourages students to consider extracurriculars like sports to clubs as mental health resources as well, because it connects students and gets you out of your dorm.

Another piece of advice? Be wary of social media. Students who struggle with anxiety and depression may compare themselves to what they see on other's Instagram feeds, she said, "but 99 percent of the time, in my opinion, it's not reality." And remember, there are national resources as well, like the Crisis Text Line anyone can access by texting HOME to 741741.



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Generation Z college students are here, but are they ready? GETTY IMAGES

## Generation Z is heading to college. Are professors ready?

Many college students are now members of Generation Z, a group that may take some getting used to by their college professors.



**SAM NEWHOUSE**  
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Generation Z is here, they're tech-savvy, and they're not going away anytime soon. So how can colleges adapt to the unique opportunities and challenges posed by students raised in a post-9/11, iPhone-dependent, climate-changing world where the majority of social interaction is through social media websites?

"Today's students have never known a world without the internet. They've had smartphones since they were barely teens," writes Jean Twenge, a psychology professor at San Diego University and author of "Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled — and More Miserable Than Ever Before" in a Pearson Education study. "For faculty, this means we have to meet these students where they live—while still teaching them the material they will need to succeed in the workplace and be informed, well-rounded citizens."

In general, research indicates that Gen Z-ers are still likely to go to college. Some 89

percent of them still see a college education as valuable, according to a Barnes & Noble College (B&NC) study on Generation Z.

That flies in the face of past conventional wisdom that skyrocketing tuitions would eventually sway more young people toward less expensive options that provide more reliable opportunities in the workforce, like vocational or trade schools.

"For them, college is seen as the pathway to a good job," B&NC found in its study, which analyzed responses from 1,300 Gen Z-ers. "They're more practical and financially driven than their millennial counterparts, and their preference for self-learning fuels a curiosity and concern about personal fulfillment and social impact."

Given their tech literacy, Gen Z-ers are more than capable of researching college options on their own and many are likely to quickly read everything Google has to say about a school, the subject matter in a course, the professor and the books on the syllabi before they've even sat down for the first day of classes.

**"As tech-savvy and adept researchers, professors can appeal to Gen Z with engaging, interactive learning."**

B&NC

"As tech-savvy and adept researchers, professors can appeal to Gen Z with engaging, interactive learning," B&NC found.

Gen Z-ers mention

classroom discussion and working through problems and concepts as their top methods of learning.

Since this generation is classed as "digital natives," they also expect tech to be part of the learning experience, with smartboards, digital textbooks, websites with study materials and videos/YouTube all ranking high in Gen Z-ers' opinions as helpful educational tools.

"Searching for authentic and meaningful experiences, Gen Z is more independent than their predecessors — turning online to research their options, yet interacting with others for insight, but ultimately — and more so than in previous generations — making their own decisions," B&NC wrote. "They're more practical and financially driven than their millennial counterparts, and their preference for self-learning fuels a curiosity and concern about personal fulfillment and social impact."

Born typically between 1995 and 2010, Generation Z now makes up about 25 percent of the U.S. populace, a larger portion than baby boomers or millennials.

Gen Z-ers — sometimes called "post-millennials" or the iGeneration for their heavy dependence on smartphones — are considered to be social, visual, global and technological — which some described as the most sophisticated, educated and connected generation ever.



# The Powerful ( and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

**NEW YORK CITY** - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

**Here is why:** Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

**This treatment is called:**

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

**Two steps in the formula are performed.** First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

*You see, the real secret is the formula.* And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

**And the best part about this screening is... It's FREE**



## FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

**You should also know this:** While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: [painmdny.com/back-pain](http://painmdny.com/back-pain)

Do you have a history of cocaine use?  
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For a confidential telephone screening, call 1-800-RUCARES (1-800-782-2737) or email us at RUCARES@Rockefeller.edu

Compensation is provided.

## Why you should think about tuition insurance before heading off to college

College can be expensive. While many students earn valuable experiences while earning their degrees, there are many students that may face a variety of different hardships during their time at school, preventing them from graduating and leaving them with a hefty amount of debt. For this reason, many parents are beginning to take out tuition insurance policies as a safeguard before their children head to school. We spoke with Michele Chevalier, senior director, product management at Liberty Mutual to see if tuition insurance is a good idea.



ting an academic career on hold can be a difficult decision. Whether it's an injury, an illness, or an emotionally difficult time, unforeseen challenges do arise and can come at a cost for students that need to withdraw from school. Purchasing coverage before the semester begins means you're protected.

**Why is tuition insurance necessary protection students today?**

Tuition insurance protects your financial investment in an undergraduate or graduate education. Put-

tuition, room and board, and mandatory fees. Customers have the option to insure by semester or full academic year and can choose the amount they are insured for. Most people opt to insure the full amount.

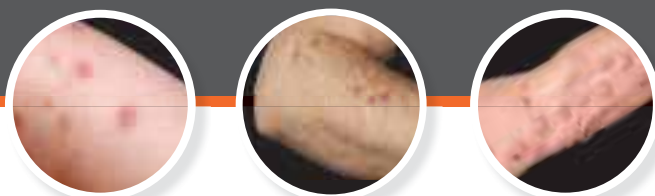
**Will this cover students with pre-existing conditions?**

Generally, pre-existing conditions are covered, provided the student has no active symptoms and is medically able to attend school when they purchase the policy. Each case is individual, and we encourage prospective customers to visit our website to learn more or to call one of our dedicated customer service representatives.

For more information on Liberty Mutual's tuition insurance plans, visit [libertymutual.com/tuition-insurance](http://libertymutual.com/tuition-insurance). PAT KING

**What does tuition insurance cover?**  
The tuition insurance policy covers the cost of

## INTENSE ITCHING with PRURIGO NODULARIS?



Right now, doctors at **Sadick Research Group** in Manhattan are conducting a new research study for **chronic itch with prurigo nodularis (PN)**. The study is for an investigational medication that may help reduce uncomfortable itching associated with PN.

If you participate, you will receive all study-related care and medication at no cost, and may be compensated for your time and travel.

*To learn more, please contact us:*

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METRO U



Step up your dorm decorating game with these helpful tips. ALL PHOTOS COURTESY OF DORMIFY



# Make a statement with these dorm décor tips

Take your college living space to the next level with these tricks.

KATELYN CHEF  
letters@metro.us

Home sweet home is starting to look a lot like dorm-sweet-dorm. Well, that is if you're heading off to college. Getting your stuff to school is one thing, however,

decorating your dorm is another. Luckily, the folks at Dormify (the dorm-essentials online mecca) have a few friendly decorating tips to help your dorm feel a lot like home.

The Dormify dorm designers recommend that students start first with their bedding selection. They say, "Decorate with comfortable bedding and accessories that speak

to your personality." Whether you're a little more edgy in your style or like simple touches, there's a bedding theme to fit your taste.

After purchasing all the bedding necessities (don't forget the foam-mattress topper), there are other #extra touches you can add to your room as well.

Dormify designers say, "We love temporary

wallpaper for those who really want to go the extra step and have their dorm feel like a real space, rather than a college dorm room!" Surely, the bland cinder block walls wouldn't mind being covered by a temporary black brick wallpaper—the final results will give the space a hip, urban feel.

When living in a dorm, personal touches

are everything. "Adorn your walls with photos of your friends and family to really make it feel like home, and don't forget about an area rug to really add a homey feel," say the designers.

It's pretty common knowledge that there's poor lighting in the dorms. Most dorms are pretty dim, so extra light is a good thing to use when designing your

space. A side task lamp such as this silvery one is great for studying. Wall lights like the LED Eye light not only give off extra light, but also add a bit of style to any tiny space.

Lastly, adding a welcome mat in front of your door lets your new neighbors know you're friendly and ready to make long-lasting college friends.

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### Computer Training

|                            |                      |            |
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| Coding for Web Development | Sat 09/29 - 12/15/18 | 10am - 1pm |
| Quickbooks                 | Sat 10/13 - 12/08/18 | 10am - 1pm |

### Education Career Programs

|   |                             |                  |
|---|-----------------------------|------------------|
| Teacher Assistant                             | M, W 10/01 - 01/02/19       | 6pm - 9pm        |
| Proveedor de Cuidado de Niños                 | Sat 09/29 - 12/08/18        | 12:30pm - 5:30pm |
| Training in the Needs of Students with Autism | Sat, 10/13/18 Sat, 12/01/18 | 10am - 1pm       |

### Health Careers Certifications

|   |                              |            |
|---|------------------------------|------------|
| C.N.A. Morning  | M - Th 10/15 - 11/28/18      | 9am-2pm    |
| C.N.A. Evening  | M - Th 10/09 - 01/03/18      | 6pm-9pm    |
| Professional Rescue (BLS)                               | F 10/05/18 F 12/07/18        | 10am - 2pm |
|   | Sat 11/10/18 Sat 12/15/18    | 2pm - 6pm  |
| Phlebotomy  | M - Th 10/22 - 12/06/18      | 6pm - 9pm  |
| EKG Technician  | Sat 09/29 - 11/10/18         | 10am - 2pm |
|   | T, Th 10/16 - 11/15/18       | 10am - 1pm |
| Dental Assistant  | M, W 11/05 - 02/27/19        | 6pm - 9pm  |
| Dental Front Office Administration w/Billing and Coding | Sat 09/15 - 12/01/18         | 10am - 3pm |
| Pharmacy Technician                                     | T - Th 10/23/18 - 01/31/19   | 6pm - 9pm  |
| Clinical Medical Assistant                              | M, T, Th 11/26/18 - 03/21/19 | 6pm - 9pm  |

### Medical Billing and Coding

T, Th 10/09 - 04/04/19 6pm - 8:45pm

### Children's Programming

|                     |                      |        |
|---------------------|----------------------|--------|
| College for Kids    | Sat 09/08 - 01/12/19 | Varies |
| Afterschool Academy | 09/12 - 01/17/18     | Varies |

### Education & Language Skills

|                                 |                          |                  |
|---------------------------------|--------------------------|------------------|
| HSE Spanish                     | M, W 10/15 - 02/25/19    | 6pm - 9pm        |
| HSE Spanish                     | M, W 10/15 - 02/25/19    | 9:30am - 12:30pm |
| HSE English                     | T, Th 10/02 - 02/07/19   | 6pm - 9pm        |
| HSE English                     | T, Th 10/02 - 02/07/19   | 9:30am - 12:30pm |
| ESOL/Inglés como Segundo Idioma | Varies by Level          | 6pm - 9pm        |
| English Links/Inglés Intensivo  | Sat 10/13 - 12/08/18     | 9am - 2pm        |
| English Links/Inglés Intensivo  | M - Fri 10/09 - 12/12/18 | 9am - 2pm        |

### Enrichment Program

|  |                                |            |
|--|--------------------------------|------------|
| Event Planning                         | T & Th 09/18 - 10/25/18        | 6pm - 9pm  |
| Corporate Event Planning               | T & Th 11/06 - 12/18/18        | 6pm - 9pm  |
| Prep for the Notary Public Examination | Sat 10/13, 10/27, 11/10, 12/01 | 1pm - 5pm  |
| Certified Notary Signing Agent         | T, Th 10/09 - 11/27/18         | 6pm - 9pm  |
| Periodismo y Comunicación I            | T, Th 10/16 - 11/15/18         | 6pm - 9pm  |
| Periodismo y Comunicación II           | T, Th 11/27 - 01/08/19         | 6pm - 9pm  |
| Conversational Spanish for Beginners   | Sat 09/29 - 12/15/18           | 1pm - 4pm  |
| Income Tax Preparation                 | Sat 09/29 - 12/15/18           | 10am - 4pm |
| Advance Income Tax Course              | M, Th 10/15 - 12/10/18         | 6pm - 9pm  |

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# How to decorate your **dorm** on a *budget*

Spruce up your living space without breaking the bank.



KATELYN CHEF  
letters@metro.us

Recent high school graduates as well as returning college co-eds understand that dorm life can be tough, especially when you're on a budget. After all, tuition, textbooks and meal plans really add up quickly. Fear not: There are wallet-friendly ways to fund your living situation at school. You just have to know where to shop and not be afraid to embrace your inner HGTV-do-it-yourself mentality.

## Daily necessities

Things like snacks, toilet paper, soap, water — you name it — were always stocked back home. However,



You don't need to spend big bucks to make your dorm look great. iStock

now it's up to you to buy life's necessities. Introducing Boxed aka "Costco for millennials," a site where students purchase in bulk to cut costs. Thankfully, there's no membership fee, but there is a friendly two-day-shipping promise.

You'll never run low on ramen noodles (24 pack for \$9) or paper

towels (12 pack for \$17) again.

## Room bundles

Upon moving into your dorm-sweet-dorm, it's up to you to furnish your bedding. Instead of running store-to-store, opt to buy all your bedding with one mouse click. The Starter Pack from Roomify (\$195) is all

your sleep gear in one bundle. Everything from Twin XL sheets, memory foam mattress topper, comforter, and more comes in a handy box. You just pick the color scheme that inspires you the most.

## Laundry-pod subscription

So, college means the start of plenty of new things. Doing your own laundry is one of them. You won't have to worry about running out of laundry detergent or not knowing exactly how

much to use because a Dropps Laundry Pods subscription takes away the guessing. Dropps Stain & Odor Laundry Detergent Pods brightens, whitens, fights stains and odors with a lingering clean scent. Good news for college students: The subscription service starts at \$4 with a 14-day free trial at dropps.com. No need to have Mom wash your dirty socks anymore — you got this.

## Dorm DIY

Most college students opt to purchase new everything before move-in day. However, if you're feeling crafty, why not repurpose some of the storage containers you already own? All you need is a little imagination and spray paint. We're loving the Krylon Shimmer Metallic quick-drying spray paint as it's perfect to re-vamp desk organizers and other dorm décor.



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ALL PHOTOS ISTOCK

# The best ways to avoid the dreaded Freshman 15

Some health tips on how to not pack on the pounds your first year of school.



**PAT KING**  
patrick.king@metro.us

While many schools have their urban legends about hauntings in certain dorm halls or statues that come to life — looking at you, University of Cincinnati — the Freshman 15 is a curse that follows students from all over the globe. Basically, this term has been coined for students who gain a significant amount of weight after being overwhelmed by the freedoms of dorm life. It's a tragic tale that happens over and over. So how can you avoid this happening to you?

Here are some helpful tips to avoid gaining the dreaded Freshman 15 during your first year of school.

## Create healthy eating habits for yourself

Now that your parents aren't keeping a close eye on what you are eating, it is up to you to create your own eating habits that will stay with you for the rest of your adult life. While you may have been used to your teenage metabolism burning off calories like coal to a steam engine, that will start to fade as you get older. By having an understanding of portion control and the nutritional facts for all of the food that is entering your body, you will be able to get ahead of

gaining your Freshman 15 and stay healthy during your first year of school. Just be mindful and make sure to add in a daily dose of fruits and vegetables with your meals on campus. Your 30-something self will thank you.

That isn't to say there won't be any slip-ups. This is college, after all! But by limiting yourself on certain temptations like fountain soda drinks at the dining hall or high-calorie beer, you will be on the right track. To put it in perspective, a 20-ounce can of soda contains 17 teaspoons of sugar and 240 calories. With most dining halls at colleges providing you with free refills on beverages, that number could swell a little bit larger per visit. Those

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calories found in sodas are empty calories and will only contribute to packing on that unwanted weight during your first semester. The same goes for beer. The general rule of thumb with these carb-heavy beverages is, the higher the alcohol percentage, the higher the calorie count.

### Take advantage of the gym

One of the benefits of going to college is all of the free and readily accessible amenities that will be provided for you on campus. While you may have no time to breath between classes, studying, and your burgeoning social life — making time to visit the gym each week can be a big help while trying to avoid the Freshman 15.

While you may not always want to go, there are certain ways that you can trick yourself into a routine that will keep you on track. By packing your gym clothes with your school supplies in the morning or making plans with friends to go, you will hold yourself accountable to

make the effort. After a while, it will just seem like “something you do.” Besides, the more you work out the more you will be able to let yourself slide on a day-to-day basis and it will help you to burn off all of that stress.

### Make time for sleep

This last tip may seem impossible. But trust us, making sure you get enough sleep is crucial to maintaining a healthy lifestyle while at college. While it may seem like there are not enough hours in the day to finish your coursework and experience everything else college has to offer, getting the right amount of rapid eye movement a night can reset your body to the right equilibrium. If you find yourself studying into the early hours of the morning, your body will be running on low energy and will require some sort of snack to give you a boost to stay awake. This late-night eating habit will only be detrimental to your body as you will not be able to burn it off during a normal sleep cycle.



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### Open Advisement Sessions for the upcoming fall semester will be held on the following dates:

#### Weekday evenings at 6 p.m.

Tuesday, August 28\*    Wednesday, September 5\*\*  
Wednesday, August 29\*    Thursday, September 6\*\*

#### Saturday mornings

Saturday, September 8\* – 10 a.m.  
Saturday, October 13\* – 9 a.m.

\*These advisement sessions will take place in the Fairchild Building at 7 East 12th Street.

\*\*These advisement sessions will take place in the Woolworth Building in Lower Manhattan at 15 Barclay Street.

For program and advisement session details, visit our website at [sps.nyu.edu/ali05](https://sps.nyu.edu/ali05) or email [ali@nyu.edu](mailto:ali@nyu.edu).



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# the GRUMBLE



Pat King  
Grumble Editor



## THERE ARE RULES ON THE BUS!

Is it so difficult that when you are exiting the bus to actually use the **exit door**? Every day, I see people walking THE FULL LENGTH of the bus, **past the exit door**, to leave. I even saw

a woman in the seat **across from the exit door**, maybe 3 feet away...get up and exit through the front door while others are trying to **BOARD**, with an attitude! I admit I am guilty of doing the same thing, but usually I am toward

the front of the bus, and make my presence seen so if there is someone waiting at my stop, I get off and clear the way for them to get on in a courteous manner.

But if I am in the rear, I make

sure I use the rear exit...which brings me to the second part of this Grumble...

To paraphrase from above, is it so hard to get out of the way when someone is attempting to leave the bus via the exit door? A number of people

get on the bus, and in lieu of sitting in one of the open seats available, decide to stand in the doorway of the exit door, and sometimes are bothered that you want to go out that door at all. Lastly, why do some MTA bus drivers feel they aren't obliged to even open the exit door when they are at a stop? Numbers of times, I or someone else have to loudly say "Back door!" for them to acknowledge and open it. — **Fredrick Beondo**, *New York Metro reader*

### READER WRITE-INS:

#### SUBWAY YELLOW SAFETY LINE

My Grumble (or maybe it's more a warning) is about people who walk along the yellow platform line in the subway station while I am standing behind the yellow line. If the train will be approaching from my right and they are

approaching from my left, do they not realize that if I lean forward to look right to see if the train is coming there is a possibility I could accidentally knock them onto the track, not knowing or expecting anyone to be approaching from my left along the yellow line. Wise up, commuters. Never walk along the yellow safety line. It's there for a reason.

— **Sylvia Orr**, *New York Metro Fan*

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The winning caption from Dan Cline, *Metro New York reader*

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**Aries** Keep your personal secrets locked up. Don't give anyone information that can jeopardize your career, position or reputation. Focus on self-improvement and important relationships.



**Taurus** If you want something, go after it. Physically do what's necessary to advance. Success comes with a price. Come up with a solid plan and follow through.



**Gemini** Personal gains should be your goal. Fixing up your space or updating your appearance will give you a boost that will motivate you to take on greater tasks.



**Cancer** A unique offer will come your way. Consider the changes you must make to take advantage of a situation. Don't hesitate when you should be moving forward.



**Leo** Exaggeration will lead to trouble. Don't promise something you cannot deliver. Taking physical action and following through on your plans will show others that you mean business.



**Virgo** Network, make financial and contractual changes and follow your dreams. Taking on a new role or position will expand your mind as well as your qualifications.



**Libra** Look for a way to bring tranquility and peace of mind to your personal life. Make it clear that you expect equality. Bring about change instead of enduring unfairness.



**Scorpio** Listen, but don't overreact. Assess situations carefully and formulate the best way to respond to what transpires. Greater opportunities will develop if you exhibit professionalism. Make your actions count.



**Sagittarius** You'll face interference if you are too open about your plans. Share with people you can trust to work with you instead of against you. Choose your words wisely.



**Capricorn** Someone will make you an unusual offer that touches you emotionally. Getting together with old friends or co-workers will spark an idea that can turn into a moneymaking venture.



**Aquarius** Think big, but take baby steps. It's fun to dream, but don't go into debt if it isn't necessary. Take time to assess your personal finances and health. Romance is highlighted.



**Pisces** Emotions will surface and bring out all sorts of feelings about past relationships. Address situations head-on, keeping in mind what's happened in the past. You can make amends if honesty prevails. **EUGENIA LAST**



# Celebrities share their *best* advice for new college students

Andrew Zimmern, Drake Bell and Nick Cannon offer their words of wisdom. **MATT JUL**

**Andrew Zimmern**

Don't waste the opportunity. I wasted a lot of my opportunity in college, and it's one of the few regrets in my life. The corollary to that is if you don't feel that you're ready for it, don't be afraid to take a year off, because not everybody is ready to go to college at 18. Some people have a freshman year and they struggle and think to themselves, "I'm not smart. I'm not this," and, in fact, it's not true at all! They just need to take a year off because they're not ready for the college experience at that time. The third thing that I always tell people is focus on leadership, innovation and interpersonal skills, because when you get out into the real world, nobody cares whether you were a 2.5 average or a 4.0 average. They worry about whether you can get the job done.



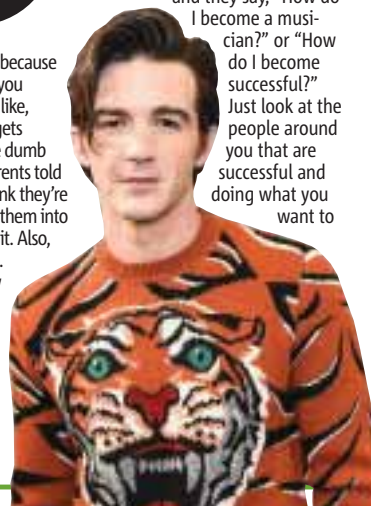
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**Drake Bell**

Listen to the clichés because they're true. When you grow up and you're like, "Oh, the early bird gets the worm," all these dumb clichés that your parents told you and you just think they're clichés, actually put them into practice and just do it. Also, excuses are so lame. There's just so many college kids who are like, "I would, but my..." Dude. You're an adult now. Excuses were OK when you were a kid and living at home, but there's

no use for excuses.

This isn't just for going into college, this is what I tell everybody who comes up and they say, "How do I become a musician?" or "How do I become successful?" Just look at the people around you that are successful and doing what you want to



do, and do more than they're doing. If they're getting up at 8 o'clock in the morning, get up at 6 o'clock in the morning. If they're showing up to work 15 minutes early, show up to work 30 minutes early and ask your boss if he needs any help around the shop.

Instead of going out on Thursday night, wake up Friday morning and go to your teacher and tell him, "Hey, these are the areas I'm having issues, these are the areas I'm struggling [with]." Most kids are like, "I would do that, but I went out Thursday night and I slept in on Friday morning because I didn't have class until 10, so why would I wake up?" Then they look their friends and go, "Why does he have the good job?" Look at what they're doing and do more than them.

**Nick Cannon**

Drink up on your coffee! There's a lot of long nights ahead of you. But really just staying focused. It's funny, I say that, but I don't really drink coffee. I spend my time meditating and trying to re-energize through that way. But it's no sleep when it comes to school.



PAT KING ALSO CONTRIBUTED TO THIS ARTICLE.

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# Introducing **Tinder U**, made just for college students

Now, you can narrow your search to undergrad and grad students in the area. Would you swipe right on this?



**SAM BRODSKY**  
Samantha.Brodsky@metro.us

It's that time in August when summer feels like it's exhaling all at once — despite the fact that fall doesn't officially start until the end of next month. Students are making their way back to the campuses they left behind. They come bearing textbooks and tales of summer internships, ready to open their minds, cans of liquid courage and the trusty Tinder app.

In a survey conducted by LendEDU last year, 72



Tinder has a new component just for college kids. COURTESY OF TINDER

percent of college students said they used the Tinder app at one point or another. And, according to data collected by the dating service between

Aug. 15, 2017 and May 15, 2018 from students aged 18 to 23 attending accredited schools, Columbia University was the most right-swiped university of

them all.

Next on the list came the University of Massachusetts-Amherst, then the University of Southern California.

To make meeting potential suitors on campus — or at rival colleges — easier, the Tinder app has launched a new feature called Tinder U just in time for the upcoming semester.

When you sign up for Tinder U using a verified university email (ending in .edu), you'll get a new skin over your profile that represents your school. You'll see students

first when you're swiping. Sound like a good deal?

Tinder U is available for iOS devices and accessible to students in both undergrad and grad programs at "four-year, accredited, not-for-profit schools in the U.S. that deliver courses in a traditional face-to-face learning format," a Tinder representative tells Metro.

Students are able to toggle Tinder U on and off at any time, so you can still see people in your radius who may not be attending nearby colleges.

In this way, signing up for Tinder U isn't binding — it's simply a convenient add-on meant to make students' dating lives less complicated (at least the initial act of sorting through the virtual haystack for those few gleaming needles).

The Tinder representative gave us a scenario:

"If I am a student at Muhlenberg College in Allentown, Pa., I may see students from Muhlenberg, Lehigh or Lafayette when swiping. When I go home to North Jersey, I can still swipe using Tinder U to connect with students at Rutgers, NYU or Columbia (all within my radius)."

## HOW TO USE THE TINDER U FEATURE ON THE TINDER APP

Here's how Tinder U works via their instructions:

1. Log in to Tinder once you're on campus and enter your .edu email address
2. Check your email and click the verification button
3. Swipe as usual using Tinder U

When asked if there were any specific precautions the company is making to verify that Tinder users utilizing Tinder U are undergrad and grad students — given that faculty and staff members, in many cases, also have .edu emails — the representative says, "We've taken this potential use case into consideration and, while we don't want to tip off any would-be offenders, we are always implementing new measures to be sure that the Tinder U experience is optimized for current students."

Get those Tinder-swiping thumbs ready. Oh, and welcome back to school.

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## EDUCATION



# Now that your kids have left for school, why not earn a continuing education certificate?

It's never too late to ignite your curiosity.



**PAT KING**  
patrick.king@metro.us

The day a child leaves for school can bring on a wide variety of emotions for most parents. Initially, a sad and lonely feeling can creep in at the thought of your home now being an "empty nest."

But after that feeling has subsided, you'll find out that you have more time on your hands to pursue some of the things you had left on the backburner for all of those years. Why not take this opportunity to go back to school as well to advance your career? Here are some continuing education certificates that you can earn with all of the extra time on your

hands.

## Become a translator

Do you know a second language but wish you could tighten up your handle on it? If you do, completing a continuing education certificate like the one offered by New York University in Translation Industry Essentials. This certificate will help you to hone your language skills to be able to navigate professional translations in the language of your choosing for such fast paced industries like finance, commercial, and law. Of course, you will need to pass a translation admissions test to make sure you can handle the coursework of this program. Once you do, you will be required to finish this program in three years — giving you ample time to balance

your work and school schedules.

To learn more about other continuing education certificates that NYU has to offer, head over to [sps.nyu.edu/professional-pathways/certificates](http://sps.nyu.edu/professional-pathways/certificates).

## Home in on your artistic side

While many empty nester parents pick up hobbies like learning an instrument, painting, or building a miniature ship in a bottle — don't knock it until you try it — the prospect of earning a continuing education certificate in the arts may be the furthest thing from most parents' minds. Well, now that you can truly give these passion projects your full attention, you can finally choose to take these pursuits a little more seriously even helping you find a career in the world

of design.

The Massachusetts College of Arts and Design offers multiple continuing education certificates that are designed to help working adults pivot into more artistic careers. With programs

such as fashion design, graphic design, industrial design, and even furniture design — MassArt has a wide spanning and amazing continuing education program to help you get back into the game. Who knows,

maybe having your kids leave for college was the best way for you to ignite your passion for the creative arts?

To learn more about the continuing education certificates at MassArt, head over to [massart.edu](http://massart.edu).

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## SPORTS

# It is not just about pro sports in New York City

JOE PANTORNO  
joseph.pantorno@metro.us

When you think of New York sports, you think of the nine major professional franchises that call the New York City-area home.

But the collegiate pro sports scene is also a busy one in the five boroughs. I would know as I went to school about 30 miles outside the Big Apple at Hofstra University.

In total, there are seven Division-I college athletic programs in New York City and some of these teams hold an abundance of history that sometimes goes unnoticed.

Luckily for you, we here at Metro New York have provided you with a little cheat sheet to learn about some of the top programs around the city before you make your way onto campus:

## FORDHAM UNIVERSITY RAMS

CONFERENCE: A-10

TOP PROGRAM: FOOTBALL

1929 NATIONAL CHAMPS

1942 SUGAR BOWL CHAMPS

NOTABLE ALUMNUS

VINCE LOMBARDI

DID YOU KNOW?

The Fordham football program was so popular that in the 1930s the NFL's newest franchise in Cleveland took the name "Rams" from the school in 1937. Today, they are the Los Angeles Rams.

## MANHATTAN COLLEGE JASPERS

CONFERENCE: MAAC

TOP PROGRAM: TRACK

1973 NATIONAL CHAMPS

DID YOU KNOW?

Manhattan's track & field program is a powerhouse on the national stage. It has won 31 of a possible 32 MAAC titles and was the 1973 NCAA Indoor national champions.

## ST. FRANCIS COLLEGE TERRIERS

CONFERENCE: NEC

TOP PROGRAM: BASKETBALL

4 NIT APPEARANCES

DID YOU KNOW?

St. Francis' basketball program is the oldest in New York City. Beginning play in 1896, the Terriers started up just five years after Dr. James Naismith invented the game of basketball.

## LIU-BROOKLYN BLACKBIRDS

CONFERENCE: NEC

TOP PROGRAM: BASKETBALL

1935-36 NATIONAL CHAMPS

DID YOU KNOW?

LIU-Brooklyn has made the NCAA Tournament in four of the past eight seasons. The Blackbirds were a powerhouse during the first half of the 1900's but a point-shaving scandal in 1951 forced the program down to Division II until 1979.

## WAGNER COLLEGE SEAHAWKS

CONFERENCE: NEC

TOP PROGRAM: FOOTBALL

1987 D-III NATIONAL CHAMPS

DID YOU KNOW?

Former Philadelphia Eagles and New York Jets head coach Rich Kotite starred as a tight end at Wagner College before a brief NFL playing career.

## ST. JOHN'S UNIVERSITY RED STORM

CONFERENCE: BIG EAST

TOP PROGRAM: BASKETBALL

28 NCAA APPEARANCES

2 FINAL FOUR APPEARANCES

DID YOU KNOW?

St. John's has the ninth-most wins among all NCAA Division I college basketball programs with 1,833 all-time victories.

## COLUMBIA UNIVERSITY LIONS

CONFERENCE: IVY

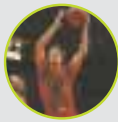
TOP PROGRAM: BASEBALL

6 NCAA APPEARANCES

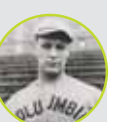
DID YOU KNOW?

Columbia has one of the oldest collegiate baseball programs, starting play in 1868. They've had 22 major leaguers including Hall of Famers Lou Gehrig, Sandy Koufax, John Montgomery Ward and Eddie Collins.

LOU GEHRIG



CHRIS MULLIN



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# A long list of favorites and contenders make this year's US Open wide open

The United States' biggest tennis tournament starts up on Monday from Queens.



ADAM ZAGORIA  
letters@metro.us

The 2018 US Open tennis tournament begins Monday in Queens with a full slate of action. Here's a look at the favorites and contenders.

## MEN'S SINGLES FAVORITES

**Rafael Nadal (No. 1 seed)** The defending US Open champ is ranked No. 1 in the world after compiling a 40-3 record in 2018 with five titles, including his 11th French Open crown and 17th Grand Slam title in June, and the recent hardcourt event in



Roger Federer. GETTY IMAGES

Toronto. Nadal is seeking his fourth US Open title after winning in 2010, '13 and '17.

*"I think it's not clear, one favorite, no?" Nadal said. "Even when somebody thinks that somebody is a clear favorite from inside, it doesn't look like this."*

**Roger Federer (No. 2)** Federer's path to a sixth US Open title, and his first since 2008, became compli-

cated when he was drawn to meet Novak Djokovic in the quarterfinals. Djokovic beat Federer in straight sets in the Cincinnati final a week ago. Federer could potentially have to beat No. 6 seed Djokovic, No. 4 Alexander Zverev and No. 1 Nadal in order to hoist the trophy.

**Novak Djokovic (No. 6)** Djokovic enters as the favorite to win the Open, with Ladbrokes giving him odds of 3/1 compared to 7/2 for

Nadal and 4/1 for Federer. The Serb has won 15 of his last 16 matches, including capturing the Wimbledon title and beating Federer to take the title in Cincinnati. He is seeking his third Open title after winning in 2011 and '15.

## CONTENDERS

**Juan Martin del Potro (No. 3 seed)**

The 2009 Open champ is 26-6 on hardcourts this year but could face 2012 champ Andy Murray in the third round.

**Kevin Anderson (No. 5)**

Last year's runner-up also used his massive serve to reach the Wimbledon final.

**Marin Cilic (No. 7)**

The 2014 US Open champ has the weapons to beat anyone on hardcourts.

**Stefanos Tsitsipas (No. 15)** The 20-year-old "Greek Freak"

beat four Top 10 players en route to the Toronto final.

## WOMEN'S SINGLES FAVORITES

**Simona Halep (No. 1)** The world No. 1 won her maiden Grand Slam at the French Open and followed that with a strong hardcourt season. She won the Rogers Cup in Montreal over Sloane Stephens, and then reached the Cincinnati final, losing to Kiki Bertens. Serena Williams looms as a possible fourth-round opponent.

**Sloane Stephens (No. 3)** The reigning US Open champ was also the runner-up in the French Open but lost in the opening round at Wimbledon for the second straight year.

**Serena Williams (No. 17)** It's tough to call someone who hasn't won a title in

2018 and is 3-4 this year on outdoor hardcourts a favorite, but this is Serena. In order to win her 24th Grand Slam title, she may have to beat sister Venus in the third round and No. 1 Halep in the fourth.

## CONTENDERS

**Angelique Kerber (No. 4)**

Over the last eight majors Kerber is the only woman to have captured more than one. She won Wimbledon this summer, beating Serena in the final, and is the 2016 US Open champ.

**Kiki Bertens (No. 13)**

She beat four Top 10 players en route to the title in Cincinnati, including the world No. 1 and 2 players in Halep and Caroline Wozniacki.

**Madison Keys (No. 14)** Last year's runner-up has the big game to contend for the title.

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#### NOTICE OF SALE PUBLIC AUCTION

Supreme Court of New York,  
QUEENS County  
WELLS FARGO BANK, N.A.,  
SUCCESSOR BY MERGER  
TO WACHOVIA MORTGAGE  
FSB, FORMERLY KNOWN  
AS WORLD SAVINGS BANK,  
FSB, Plaintiff, -against-  
RAYMOND MCADAM A/K/A  
RAYMOND MCADAM;  
SEETA MCADAM; NEW  
YORK CITY PARKING  
VIOLATIONS BUREAU;  
CITIBANK SOUTH DAKOTA  
NA; LNW FUNDING LLC  
A/P/O HOME DEPOT;  
MIDLAND FUNDING LLC;  
MS. MCADAM (FIRST NAME  
REFUSED),  
Index No. 707788/2015.

Pursuant to a Judgment of Foreclosure and Sale duly dated, November 14, 2016 and entered with the Queens County Clerk on December 12, 2016, as amended by an Order Substitution Referee duly dated March 31, 2017 and entered with the Queens County Clerk on May 2, 2017, Luther V. Dye, Esq., the Appointed Referee, will sell the premises known as 94-22 110th Street, Richmond Hill, New York 11419 at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, New York 11435, on September 7, 2018 at 10:00 A.M. All that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York known as Block: 9393; Lot: 16 will be sold subject to the provisions of filed Judgment, Index No. 707788/2015. The approximate amount of judgment is \$372,631.75 plus interest and costs. FRIEDMAN VARTOLO LLP 85 Broad Street, Suite 501, New York, New York 10004, Attorneys for Plaintiff.

### LEGAL NOTICES

#### NOTICE OF SALE SUPREME COURT

COUNTY OF QUEENS,  
CENTRAL MORTGAGE  
COMPANY, Plaintiff, vs.  
TEOFILO MENDEZ, GLORIA  
HEREDIA DE MENDEZ, ET AL.,  
Defendant(s). Pursuant to a  
Judgment of Foreclosure and  
Sale duly filed on January 03,  
2017, I, the undersigned Referee  
will sell at public auction at the  
Queens County Supreme Court,  
Courtroom 25, 88-11 Sutphin  
Boulevard, Jamaica, NY on  
September 14, 2018 at 10:00 a.m.,  
premises known as 5509 97th  
Place, Corona, NY. All that  
certain plot, piece or parcel of  
land, with the buildings and  
improvements thereon erected,  
situate, lying and being in the  
Borough of Queens, County of  
Queens, City and State of New  
York, Block 1906 and Lot 19.  
Premises will be sold subject to  
provisions of filed Judgment  
Index # 5557/13.  
Dominic A. Villoni, Esq.,  
Referee  
Berkman, Henoch, Peterson,  
Peddy & Fenchel, P.C.  
100 Garden City Plaza  
Garden City, NY 11530  
Attorneys for Plaintiff.

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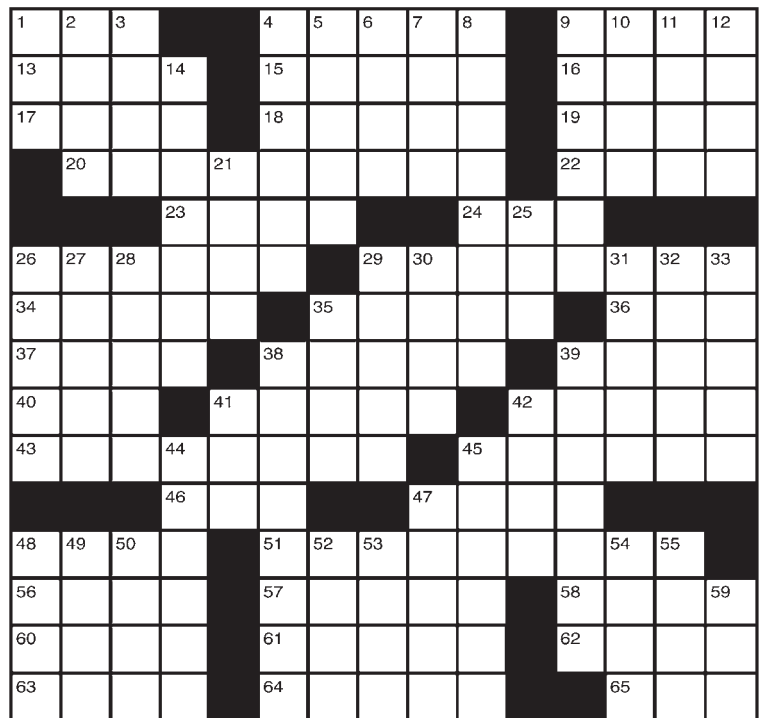
## ACROSS

- 1 Winnebago & Fleetwoods  
4 Zeal  
9 Part of the foot  
13 Needs a doctor  
15 Sifting device  
16 Vegetable in a health smoothie  
17 Orderly  
18 Shoe bottoms  
19 Element whose symbol is Fe  
20 Item in the trunk  
22 Pharmacy orders  
23 Plenty  
24 Arrest  
26 Threaded fasteners  
29 Sane  
34 Uncouth  
35 Beer  
36 Inventor Whitney  
37 Family tree member  
38 Walked the floor  
39 Twirl  
40 Cal's place  
41 Years  
42 Tranquility

- 43 Raised  
45 No longer clean  
46 Tiny fellow  
47 Singer Joan  
48 Lose color  
51 Helping  
56 Smell  
57 Mortgages, for example  
58 In \_\_; poor  
60 \_\_ about; praise highly  
61 Big  
62 Fence opening  
63 Observed  
64 Enjoyed a snow sport  
65 Uncooked

## DOWN

- 1 Galloped  
2 Competes  
3 \_\_ in the face; insult  
4 Valuables  
5 Street uprisings  
6 Sandwich shop  
7 Turn \_\_; flip  
8 Felt miffed about  
9 With hands on hips  
10 Unusual  
11 Lump of dirt  
12 Female birds  
14 Least fresh  
21 Arguments  
25 Lung contents  
26 Climb  
27 Mean  
28 "Home on the \_\_"  
29 Participated in a marathon  
30 Matures  
31 Asian nation  
32 Wonderland visitor  
33 All \_\_ up; in a row  
35 Path  
38 Hidden traps  
39 Grabbing  
41 Chum  
42 Verse writer  
44 Swerved  
45 Talked back  
47 Spree  
48 Golf course shout  
49 "Queen for \_\_" of old TV  
50 Bar soap brand  
52 \_\_ up; absorb  
53 New Delhi garb  
54 Close  
55 " \_\_ life!"; cry to a busybody  
59 Morning grass moisture

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Arkadium

BY TCA

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Apartment  
Costanza  
David  
Diner  
Elaine

George  
Jerry  
Kramer  
Larry  
Newman

Nothing  
Seinfeld  
Show  
Sitcom  
Uncle Leo

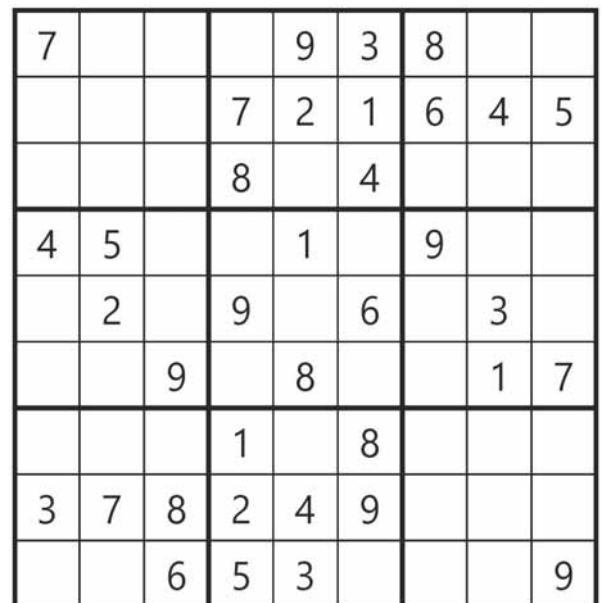
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Category: Sci-Fi Film



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

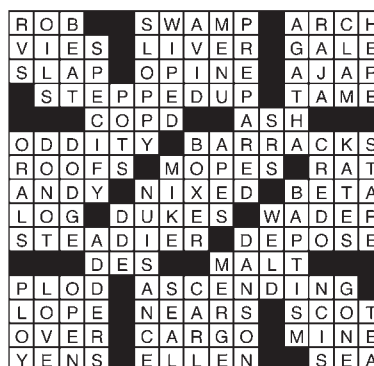
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